

November 2025 News



Please note the following additions and changes:

NEW: Book Club meets the first Monday of each month at 11:00 am

NEW: Chair Pilates with Caitlyn Whiting Each Thursday at 1:30 pm

THE SENIOR CENTER WILL BE CLOSED:

NOVEMBER 11 FOR VETERANS DAY

NOVEMBER 27-28 FOR THE THANKSGIVING HOLIDAY

Board of Directors:

President: Debbie Beahan,
Vice President: Jeanie Mullen
Secretary: Sandy Wheeler
Treasurer: Cassandra Allen
Linda Buerkley
Dave Cutler
Cynthia Bardin
Chris Miles
Mary Beranek
Paige Zahaba
Ruth Fish

Executive Director: John "Max" McDonnell
Tel. 518-747-9352
email: maxmcdonnell@yahoo.com
Website: seniorcenterkfe.com
Facebook:
www.facebook.com/
seniorcenterkingsburyfortedward

Open: Monday through Friday 8:30 am to 4:00 pm.

Our Senior Center is funded by the following municipalities and agencies: Washington County Office for Aging and Disabilities Resources, Tri-County United Way, Village of Hudson Falls, Town of Kingsbury and Town & Village of Fort Edward. The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State, and local funding.





Senior Living You'll Love at The Glen!

Call (518) 832-7800 to schedule your tour.

Hartford Vol. Fire Co. Auxiliary 2025 Fall Pumpkin Cake Roll Sale



Pumpkin cake with vanilla buttercream filling. The rolls are sold frozen and are quick to defrost.

Generously serves 12!

To order call:
518-479-2396

Pick up date: Nov. 8 from 10am-12pm At our 8118 Rt. 40 Firehouse Cost:\$18



Tuesday, November 4th at 1:30 PM

The Senior Center of Kingsbury & Fort Edward
78 Oak St, Hudson Falls, NY 12839



Join **High Peaks Hospice** at the **Senior Center of Kingsbury** & **Fort Edward** for a collaborative event.

This guided painting session offers a compassionate space to express emotions, connect with others, and support your bereavement journey.





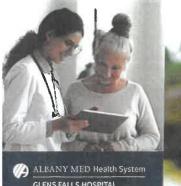


RSVP TODAY
Max McDonnell
(518) 747-9352

Embrace the brain you have and optimize your wellness, wherever you are in your health journey.

The Center of Excellence for Alzheimer's Disease (CEAD) is a medical program designed to assess individuals who have been referred by their primary care provider.









ALBANY MED Health System
GLENS FALLS HOSPITAL
Center of Excellence for
Alzheimer's Disease



Dinner Preparations

C	I	E	N	T	N	Α	P	K	I	N	S	I	N
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R	S	Α	U	T	I	I	C	Α	R	V	I	N	G
N	R	A	N	Α	S	E	S	D	G	R	Α	V	Y
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L	T	I	Н	L	E	Α	E	0	U	S	В	N	S
E	S	D	G	E	S	R	В	В	S	Α	Н	S	I
Α	Υ	S	N	S	L	L	R	E	0	V	S	L	S
N	S	I	I	E	E	C	G	I	Α	G	C	Н	T
U	0	L	S	T	R	Α	K	S	E	Υ	G	N	E
P	R	V	S	T	G	R	Α	С	E	S	D	S	L
G	T	Ε	E	I	Т	C	R	Y	S	T	Α	L	В
Α	T	R	L	N	G	N	I	S	S	E	R	D	I
P	N	U	В	G	R	0	Α	S	T	Ι	N	G	G

DISHES GRAVY SQUASH GOBLETS TABLE SETTING **NAPKINS CRYSTAL SILVER OSYSTERS CLEANUP BLESSING CRANBERRIES ROASTING CARVING GIBLETS** CORN LINEN DRESSING **GRACE**

Play this puzzle online at : https://thewordsearch.com/puzzle/8799558/





New Patients Welcome at All Locations

Comprehensive primary care for patients of all ages at health centers throughout the region.



HHHN.org

FITNESS

STRENGTH & BALANCE CLASS

9:30 am Mondays Maintain your independence by staying strong and stable!

CARDIO DRUMMING

Tuesday, 10:00 am

ZUMBA WITH ANN GIROUX

Tuesdays at 1:30

YOGA & MEDITATION CLASS

Wednesday – 9:30 am
Instructor Jenny Hunt
Develop body alignment and breath awareness
Regular meditation improves memory, focus, attention and concentration.

CHAIR PILATES FOR SENIORS

Thursday – 1:30 pm Instructor Caitlyn Whiting

OSTEOBUSTERS EXERCISE & EDUCATION

RSVP (Retired Senior Volunteer Program) 9:00 am Tuesday & Thursday

The OsteoBusters Exercise and Education Program is a community-based program for older adults.

It helps you to maintain bone density and strength, increase muscle mass, improve posture and balance and reduce the risk of fall-related fractures.

Marcia McCormack



Warren/Washington

CHAIR PILATES FOR SENIORS



Join us for a gentle, effective, and low-impact chair pilates class designed specifically for seniors! This class focuses on improving strength, posture, balance, and flexibility — all while staying safely seated or using the chair for support.

Thursdays 1:30-2:30pm - Starts November 6th

We'll use chairs for stability and light dumbbells to help strengthen muscles around the joints, increase bone density, and enhance mobility.

Benefits include:

- Stronger muscles supporting your joints
 - Improved posture, balance, and coordination
 - Increased bone strength
- A sharper mind-body connection through mindful movement and breathing

All levels are welcome, no prior experience needed! Taught by Certified Pilates Instructor, Caitlyn Whiting

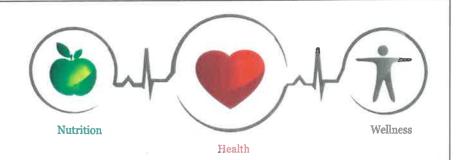
NUTRITION

LUNCH MONDAY THRU FRIDAY

Washington County Meal Site at Kingsbury Fort Edward Senior Center.

There is a suggested contribution of \$3.00 per meal for individuals 60 and over. Individuals under 60 will be expected to pay \$10 per meal

Sign up is required 24 hrs ahead – 518-747-9352



Welcome to Washington County Nutrition Program

An important part of the funding for Washington County's Nutrition Program comes from contributions made by people like you who use our services to help maintain your health, independence, and quality of daily living. In addition to participant contributions, funding for the Nutrition Program is primarily provided by the Federal Older Americans Act, New York State Office for the Aging and Washington County. The actual cost per meal is \$10.00. No one will be denied a meal because of an inability or unwillingness to contribute.



LUNCH TOUR!

Enjoy a different local restaurant for lunch the third Wednesday of each month

HOLIDAY FREE FOOD RUN

at the Senior Center: Wed. Nov. 19 10am Wed. Dec. 17 10am



Stay Healthy with SNAP!

For more information on how SNAP can help you, contact Washington County Nutrition Outreach and Education

Catholic Charities of Saratoga, Warren & Washington Counties 35 Broad Street • Glens Falls, NY 12801
Office: 518.793.6212 ext. 123• Mobile: 518.918-9072
Fax: 518.793.9499





Kelly J. Barlow 518-429-1030, TTY 711



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	-	NOVEMBER CALENDAR						
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Mon. Nov 3	11:00 am	NEW SCKFE Book Club (1st Mon. of the month)						
Tues. Nov. 4	11:15 am	Albany Med Health Systems presentation w/Ruth Fish						
Tues. Nov. 4	1:30 pm	Paint and Connect – see flyer, p. 3						
Wed. Nov. 5	4 – 7 pm	ARCC Business Expo at the QB Hotel (table event for SCKFE)						
Thurs. Nov. 6	9 – 11 am	United Healthcare with Kelly Barlow						
Thurs Nov. 6	10:30 am	WISE (Wellness Initiative for Senior Education) Lori Prock and Lindsay Stanislowski - Alzheimer Association – Understanding Substance Misuse						
Thurs. Nov. 6	12:30 pm	"Just Strumming You Along" Ukulele Orchestra at Moreau Comm Center						
Thurs. Nov. 6	1:30-2:30 p.	NEW Chair Pilates for Seniors w/Caitlyn Whiting (see pg. 7)						
Mon. Nov. 10	11:00 am	Eddy Health Alert presentation - Andrea McGowen Program Manager						
Tuesday Nov. 11		CLOSED FOR VETERANS DAY						
Thurs. Nov. 13	11:00 am	Neighbors NY presentation w/ Jen Goodwin Director of Operations						
Thurs. Nov. 13	2:00 pm	Ukulele Orchestra performing at the Oaks - Fort Edward						
Fri. Nov. 14	12:00 noon	MVP Health Care presentation with Shannon Wilder						
Mon. Nov. 17	12:00 noon	Centers Health Care "Pie Social Dessert" w/ Kathleen Iwaneczko						
Tues. Nov. 18	9–11:00 am	United Healthcare w/Kelly Barlow						
Wed. Nov. 19	10:00 am	Holiday Free Food Run						
Wed. Nov. 19	11:30 am	Lunch Tour - the Auction Barn						
Thurs. Nov. 20		Turkey Raffle drawing - You MUST be present to win!						
Thurs. Nov. 20	10:30 am	CDPHP seminar w/Audrey Choiniere						
Mon. Nov. 24	9:30 am	Special Thanksgiving Bingo with PRIZES and GIVEAWAYS! It's National Game & Puzzle Week!						
Wed. Nov. 26	7:00 pm	TCUW Celebrate The 518 - Family Night with the Adirondack Thunder						
Nov 27-28		CLOSED FOR THANKSGIVING HOLIDAY						
Dates	s and times subject	to change: check our Facebook page for updates or call ahead to confirm.						
		WEEKLY ACTIVITIES						
Each Weekday	Noon	Washington County Nutrition Program						
First Monday	11:00 am	SCKFE Book Club						
Monday	9:30 am	Strength and Balance Class						
Mon – Friday	Daily	Board games and card games						
First Monday	10:30 am	Shopping						
Mon. & Wed.	9:30 am	Bingo						
First Tues	11:15 am	Coffee with a Cop with Hudson Falls Village Police Department						
Tuesdays	10:00 am	Cardio Drumming						
Tuesdays	1:30 pm	Zumba with Ann Giroux						
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack						
Wednesday	9:30 am	Yoga and Meditation Class - Instructor Jenny Hunt						
Thursday	10:00 am	Ukulele Club/Orchestra						
Thursday	1:30 pm	Chair Pilates for Seniors w/Caitlyn Whiting						
Third Wed.	11:30 am	Lunch Tour						
Second Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse						
Third Friday	10:00 am	Crafts with Elaine						
Friday	10:15 am	Open Pool (See Helen or Nancy for more info)						

5 am Open Pool (See Helen or Nancy for more info)
SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

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Email: maxmcdonnell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward